

## Group Exercise Class Descriptions

**Barbell Pump** - A muscle conditioning class using a barbell system for a great toning workout with basic athletic movements such as squats, lunges, presses and curls. All levels are welcome. \* This class is limited to 19 participants. A sign in sheet will be available at the front desk one hour prior to class.

**Boot camp** - This class is formatted as a cardio "boot camp" which may include step drills, jogging, weights, agilitys and ply-metrics for an awesome workout to get you in shape and ready for anything.

**Cardio Fight** - This eclectic fusion class of martial arts will kick your cardio to the next level while defining and shaping your body and confidence.

**Cardio Kickboxing** - High energy, sweat filled workout that uses jabs, hooks, uppercuts and kicks. All levels are welcome.

**Cardio and Core** - High energy cardio class utilizing a mixture of kickboxing, step and bootcamp for the first half, and then a half hour of core work.

**Cardio Tone Extreme** - Class will have a combination of cardio and compound muscle toning exercises. This class will push to your limit!

**Cycling** - 45 minute cardio done on a stationary bike, with motivating music and dimmed lights for a great class. Each participant is encouraged to work at their own pace. You'll need a towel and water bottle for this sweat producing work out.

**Hatha Yoga** - A physical exercise regime that utilizes different "poses" called asanas, for the purpose of strengthening, opening, and cleansing the body. These asanas can be categorized by the movement they create in the body.

**Hip Hop** - An awesome cardiovascular workout combining high and low hip hop dance moves.

**Latin Fusion** - A high-energy cardio workout incorporating various rhythmic Latin dances such as Salsa, Meringue and Cumbia. You'll want to dance all day.

**Muscle Conditioning** - This class is designed to tone and sculpt the entire body using weights, body bars, bands, stability balls and steps for a total body workout. Bring a towel and water, and get ready to sweat! All levels welcome!

**Pilates** - The mat version of Pilates is designed to lengthen and strengthen the core. The abdominal and back muscles are worked focusing on proper alignment, full range of motion and breathing. All levels are welcome and encouraged!

**Power Yoga** - Power classes are based on flowing sequences to build strength and flexibility in the body. The term "power yoga" does not refer to a particular series of poses so ever class will be different. All classes will focus on heating up the body and getting a good workout, to cleanse the body and help students find their inner power.

**Step 'N' Pump** - A great cardio and toning class with segments of step and weights.

**To the Core** - Designed to help tone, tighten and flatten the mid-section. Also, helps in strengthening the lower back and increasing flexibility of the lower region. Class uses stability ball, step and some bands for a totally core workout!

**Vinyasa Flow** - This class features dynamic connecting postures to create a seamless flow between more traditional yoga poses. Linking your breath to every movement, you will feel completely relaxed after this intense mind/body workout.

**Zumba** - A Latin based cardio class incorporating fast and slow moves for a fun, high energy dance party.

### Group Exercise Class Policies:

- Instructors may change without notice.
- All classes begin with a warm-up. Please do not enter the room after this has ended. We suggest that you stay through the cool down to prevent injuries. Proper footwear required for all classes.
- Cycling class sign in sheet available 1 hour prior to each cycling class. Please sign in at the front desk before every cycling class.
- Classes are rarely cancelled for weather. However, from time to time we do cancel classes so you may stay home and be safe! Please call the club in case of inclement weather.

#### Latitude Sports Clubs

Peabody 978-536-0777

Andover 978 474-1888

Salisbury 978-462-5662

Bradford 978 521-4949

Methuen 978 738-4653